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Free Fishing Day Offers Family Fun

Free Sport-fishing Day events around the state will highlight National Fishing and Boating Week, allowing anglers to fish any public waters in Texas without a fishing license on Saturday, June 6.

Texas Parks and Wildlife Department (TPWD) officials said the special day in this state, authorized by the Texas Legislature, is intended to promote fishing and encourage people to enjoy the state's fishing resources.

Both resident and nonresident recreational anglers will be allowed to fish without a license and will not be required to have special stamps such as the saltwater or freshwater fishing stamps.

Events in Texas State Parks and on community lakes around the state will provide hands-on opportunities for families and friends to share fun, quality time together while learning about two of our nation's favorite pastimes — boating and fishing.

Park entry and facility use fees will still apply for those who wish to fish in state parks.

Camping reservations are recommended.

National Fishing and Boating Week is a key component of the Recreational Boating and Fishing Foundation's national awareness campaign, Take Me Fishing.

Funded by the federal gov-

ernment's Sport Fish Restoration Program, the non-profit Recreational Boating and Fishing Foundation was created to increase participation in fishing and boating and focus attention on the need to protect the nation's aquatic resources.

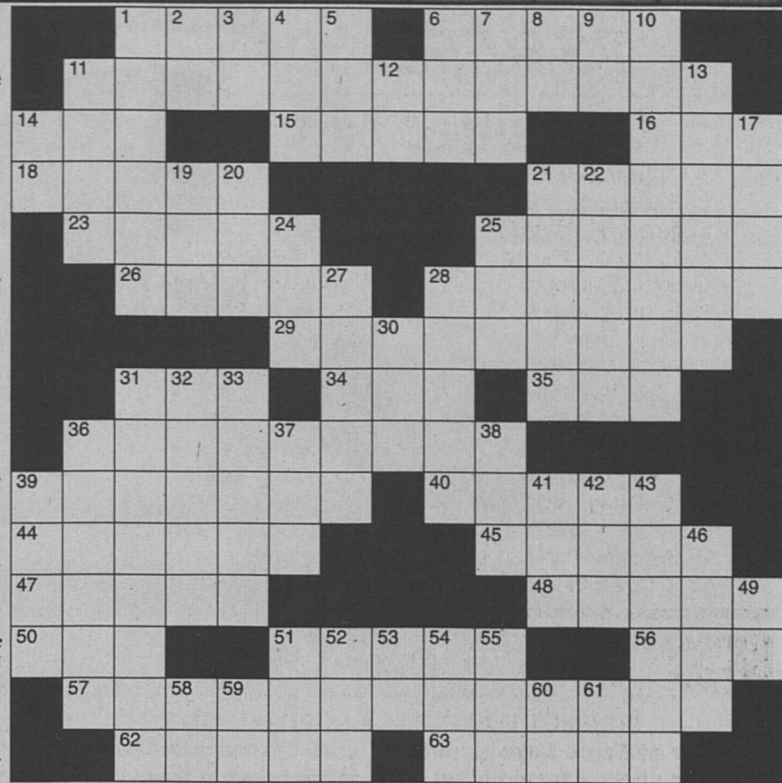
Texas also offers a wide variety of fishing opportunities through TPWD's Neighborhood Fishin' Program.

Looking for a place to fish (or try fishing) on Free Fishing Day, there's probably no better place than at a neighborhood fishing lake.

Also, no fishing license is required to fish at any time within

CROSSWORD

- CLUES ACROSS**
- Drench with liquid
 - At right angles to the keel
 - Salix babylonica
 - Alias
 - Brightest Cygnus star
 - Cereal grass
 - French young women
 - _____ esiser: musical instrument
 - Have a yen for
 - Member of U.S. Navy
 - Eliminates moisture
 - Black magic
 - Roman public buildings
 - Thyroid stimulating hormone
 - Household god (Roman)
 - 1960's Veterans battle-ground
 - Moves apart
 - Granted remission of a sin
 - 10 X = 1 kor
 - A district of Manhattan
 - W. Samoan monetary unit
 - From another world
 - S _____: looked fixedly
 - _____stra University
 - Greek island
 - Before
 - First Lady
 - Political plot
 - 2 items of the same kind



- CLUES DOWN**
- Closed hermetically
 - Old English
 - Rise
 - Comedian Caesar
 - Point midway between NE and E
 - Reverence
 - Top part of an apron
 - Raised railroad track
 - Aluminium
 - A ray of moonlight
 - Every seven days (abbr.)
 - Genesis (abbr.)
 - "Hairspray" creator
 - Morning
 - General reference to people
 - Pinna
 - _____ Lanka
 - _____us: finch genus
 - W. Indian evergreen
 - Beak or bill
 - Sun (Span.)
 - Leafy dish
 - Phrase "Yes _____ Bob"
 - Seated
 - Highly exceptional
 - Barrel or flask plug
 - Place of safety
 - Peace (Hebrew)
 - Radioactivity unit
 - Seaport (abbr.)
 - Former ruler of Iran
 - Pate protection
 - Pie _____ mode
 - Seraglio
 - Tes _____: small mosaic tile
 - Delaware
 - A large body of water
 - The whole of
 53. Millilitre
 - Largest English dictionary (abbr.)
 - Small coin (French)
 - Element #20
 - Halfback
 - College degree
 - A public promotion

Sleep: Why Not Getting Enough Is Bad

By Gerald F. Joseph Jr., MD
 Sleep, along with a nutritious diet and regular exercise, is essential to a woman's overall wellbeing.

Sleep is restorative therapy for your body.

It is the time when, your body repairs and regenerates tissue, builds bone and muscle, and strengthens its immunity.

The average adult should aim to get seven to nine hours of sleep each night.

But according to the National Sleep Foundation (NSF), 20 percent of people in the US get less than six hours of sleep on a regular basis, putting them at risk for short-term problems, such as fatigue-related accidents on the road and at home, and long-term conditions, such as diabetes and cardiovascular disease.

Lack of sleep can also make it

harder to perform daily tasks, and can cause irritability, moodiness, and memory problems.

Because we typically sleep lighter and for shorter periods of time as we age, many of us find it hard to get enough quality sleep.

Insomnia, difficulty falling asleep or staying asleep, is also more common in older people, especially in women.

An NSF survey found that 61 percent of menopausal women report trouble sleeping.

Causes of insomnia can include hot flashes and night sweats related to menopause; sleep apnea, a condition that disrupts sleep by causing breathing to stop briefly, up to hundreds of times during the night; restless leg syndrome, a nerve disorder that causes uncomfortable sensations in the legs and an irresistible urge to move them; depression and

anxiety; and various sources of pain such as migraine, heartburn, and arthritis.

Fortunately, simple lifestyle changes can drastically improve your chances of getting a good night's sleep.

You may want to try some of the following tips:

-Avoid alcohol, caffeine, large meals, and exercising in the evening.

(But continue to exercise earlier in the day, it has been shown to promote better sleep.)

-Try to go to bed at the same time every night and get up at the same time every morning, even on the weekends.

-Use the bedroom only for sleep or sex.

Keep the TV, computer, and work materials out.

-Create a cool, quiet, dark, and comfortable sleep environment.

-Establish a relaxing bedtime routine.

Take a hot bath, read, or listen to music.

-If you can't fall asleep after 20 minutes, get out of bed and do something relaxing until you feel sleepy.

Resist the urge to keep checking the clock.

If you still find yourself unable to get to sleep for several nights a week over the course of a month, see your doctor to rule out medical conditions that could be a problem.

Your doctor may prescribe a sleep aid.

Relaxation techniques such as yoga or meditation may also help.

For more information, visit the NSF website at www.sleepfoundation.org.

Devil's Food Counter Cake Recipe

Meals are not truly complete until dessert has been served. Before pushing yourself away from the table at your next get-together or family meal, serve up the following "Devil's Food Counter Cake with 7-Minute Frosting" from Jennifer Joyce's "Diner" (Ryland, Peters & Small).

Devil's Food Counter Cake with 7-Minute Frosting

- Serves 8 to 10**
- 1 1/2 cups boiling water
 - 1 cup unsweetened cocoa powder
 - 4 eggs (at room temperature)
 - 1 tablespoon pure vanilla extract
 - 3 1/2 cups cake flour
 - 1 teaspoon salt
 - 1 teaspoon baking soda
 - 2 1/4 cups sugar
 - 1 1/2 cups unsalted butter, softened

- 7-minute frosting**
- 1 1/4 cups sugar
 - 2 egg whites (room temperature)
 - 1 1/2 tablespoons light corn syrup
 - 1/4 teaspoon cream of tartar
 - 1/4 teaspoon salt
 - 1 teaspoon pure vanilla extract

Preheat the oven to 350 F. Grease the cake pans and line them with waxed paper. Grease the paper, then dust with flour, and shake off any excess.

Beat together the boiling water and cocoa in a medium bowl until smooth. Let cool until it is at room temperature.

When it is cool, beat together the eggs, vanilla extract and 1/3 cup of the cocoa mixture.

Sift the flour, salt and baking soda into the bowl of an electric mixer, and stir in the sugar. Mix on low speed for 30 seconds, then add the softened butter and remaining cocoa liquid.

Mix on low speed, then turn up to medium and beat for 1 1/2 minutes. Add the egg mixture in three batches, beating each one for 30 seconds.

Don't overbeat or the cake will be heavy. Scrape the batter into the cake pans and smooth the surfaces.

Put two cakes in the middle of the oven and one in the lower

part. Bake for 25 to 30 minutes or until a skewer inserted into the center of the cake comes out clean. Rotate the cakes halfway through cooking.

Let cool in the pans for 10 minutes, then turn out onto wire racks, remove the paper and let cool completely. Wrap in plastic wrap for up to two days before frosting.

To make the frosting, put 6 tablespoons water and all ingredients except the vanilla extract in a large glass bowl.

Put the bowl over a saucepan of simmering water (the bottom of the bowl shouldn't touch the

water).

Beat with an electric beater on high speed for 7 minutes. Remove from the heat, add the vanilla extract and beat for 2 minutes more, until stiff and glossy.

Put one cake onto a plate. Secure the cake with a bit of frosting underneath. Top with about 1/2 cup of the frosting.

Place another cake on top and spread another 1/2 cup of frosting over. Top with the last cake, frost the sides and finish with the top.

Use the back of a spoon to create peaks in the frosting. The cake can sit, covered, at room temperature for up to two days.



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Man Hurls Polecat 63 ft.
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 When asked if the polecat lived or died, he painlessly replied: "None of your dang business!"
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